



Study on Academics and Stress during Covid-19 Outbreak

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Abstract: The objectives of the study were to identify and analyze the leading causes of academic stress that may have significant effects on the success and well-being of students and explore the significant sources of stress among students during their studies during the COVID-19 outbreak. The study was also conducted to understand if their gender-wise differences on the basis of academic stress reported. The sample consisted of 100 students and 15 sources of stress divided into three categories: relations with other people, personal factors, and academic factors. results show the academic sources of stress appeared to be the most stressful for all the students due to the pressure originated from the course overloads and the academic evaluation procedures. The findings from this study may be useful for further research on how these potential sources of stress influence the performance and the health of the students.

Keywords: COVID-19, Pandemic, Academic stress, Education sector
